

ALPE-ADRIA-TRAIL: CIVIDALE – TRIESTE

From Cividale to Trieste

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WEBSITE

Self-guided distance tour | 8/7 |

DESCRIPTION

The starting point for this walking tour is Cividale del Friuli, picturesquely situated between the Southern Alps and the Adriatic Sea. The Alpe-Adria Trail, a long-distance hiking route, begins in Carinthia, passes through Slovenia, and Ends in Friuli-Venezia Giulia, making it a meeting point of three cultures. Culturally and scenically, this section of the 3-Country Trail has much to offer: from the pilgrimage site of Castelmonte, via Cormons, the Karst and Brda, all the way to the destination in the former Habsburg city of Trieste.

HIGHLIGHTS

A wealth of culture and history meets fine dining and culinary delights between the Alps and the Adriatic – the townscape of Cividale del Friuli, a glass of wine in Collio and the imposing Duino Castle. Trieste is the perfect destination of your tour!

DIFFICULTY LEVEL WALKING

The walking tours follow well-maintained trails, as well as paths through forests and meadows. Some of the daily stages are longer, lasting up to 8 hours, but can be managed without any difficulty provided you are physically in good shape. In some cases, the stages can be shortened by using public transport.

2027

ARRIVAL / PARKING / DEPARTURE

- Arrival by train to Cividale del Friuli (www.bahn.de, www.oebb.at, www.trenitalia.it)
- Trieste, Venice or Ljubljana airport, from there by train or bus to Cividale del Friuli
- Parking: free, unguarded hotel parking spaces
- Departure by train from Trieste via Udine to Cividale del Friuli, duration approx. 2.5 hours (www.trenitalia.it)

DETAILS

- Special dates for groups of min. 5 persons on request

ITINERARY

Day 1: Arrival in Cividale del Friuli

Welcome to Friuli! Enjoy a leisurely stroll through this picturesque town.

Day 2: Cividale del Friuli – Prepotto

approx. 6.5 hours | 22 km | 520 m 540 m

Leaving the Lombard town behind, you'll hike to Castelmonte, the oldest sanctuary in the Friuli-Venezia Giulia region. Enjoy the wonderful views over the Friuli plain near the Slovenian municipality of Brda. If you'd prefer not to hike quite as far today, follow a shorter alternative route along the official Alpe-Adria Trail. Round off the day with a good glass of wine in Prepotto.

Day 3: Prepotto – Šmartno/surroundings

approx. 5 hours | 15 km | 620 m 460 m

Today you'll be hiking along the Italian-Slovenian border, passing through the vineyards of the Collio region and past numerous churches. At the end of the day, the picturesque medieval village of Šmartno, the geographical center of the Brda municipality, awaits you. Let your gaze wander from the Carnic Alps across the vast Friuli region to the Adriatic Sea.

Day 4: Šmartno/surroundings – Cormons

approx. 4 hours | 14 km | 350 m 550 m

You leave Brda, the meeting point of three cultural spheres (Slavic, Romance and Germanic), and return to the 'Friulian' Collio. Flanked by the vineyards producing the renowned DOC wines, you'll arrive in Cormons with its Habsburg charm. This little town is now the cultural heart of the Collio region. Enjoy a fine glass of wine at the enoteca right on the main square.

Day 5: Cormons – Gradisca d'Isonzo

approx. 4.5 hours | 17 km | 100 m 120 m

Your route takes you through the hilly landscape of the 'Görzer Collio', with its vineyards, to the town of Gradisca. The name Gradisca has Slavic roots and means 'fortified place'. The town became famous during the First World War for the twelve Battles of the Isonzo. Today, the imposing castle still dominates the town. In the old town, the 15th-century Palazzo dei Provveditori houses the Enoteca Regionale, known as 'La Serenissima'. There, you can taste the finest wines of the Friuli region.

Day 6: Gradisca d'Isonzo – Duino/Sistiana

approx. 8 hours | 29 km | 670 m 650 m

Today's walking route takes you through the barren karst landscape, marked by many traces of the First World War. Numerous underground waterways from the Isonzo River basin cross your path (e.g. Doberdò del Lago), as does the mouth of the Timavo River. At just 2 km long, the Timavo is arguably the shortest river in the world. The final section of the walk from Monfalcone to Duino/Sistiana can also be shortened by taking the bus. Your destination for the day, Duino, welcomes you with its castle of the same name.

Day 7: Duino/Sistiana – Trieste

approx. 7 hours | 24 km | 460 m 500 m

The first part of the route follows the famous Rilke Trail, named after the writer of the same name. The trail then continues along the karst landscape, like a terrace, towards Prosecco and on to Trieste, the capital of the Friuli-Venezia Giulia region. End your day in the main square (Piazza della Libertà) with its magnificent buildings and reflect on the experiences of your week of hiking.

Day 8: Departure or extension

ARRIVAL DATES 2027

10.04. - 30.10.
Arrival Saturday
Season 1: 10.04. - 09.07. | 04.09. - 30.10.
Season 2: 10.07. - 03.09.

PRICES 2027

All prices given in Euros per person in double room.

Booking code	**IT-AAWUT-**	**08X**
Season 1		949
Season 2		979
Surcharge single room		299

EXTRA NIGHTS

All prices given in Euros per person in double room.

Cividale del Friuli	
Basic price	79
Surcharge single room	29
Trieste	
Basic price	95
Surcharge single room	49

SERVICES

Included

- Accommodation in 3***-hotels and country hotels
- Breakfast
- Luggage transfer
- Digital travel documents incl. navigation app, GPS-data, route book
- Service hotline

Optional extras

- Printed route book, per person EUR 20
- Return transfer from Trieste to Cividale del Friuli, every SAT, costs per person EUR 49 (min. 2 persons), reservation is necessary, to be paid for in advance

Things to note

- Tourist tax, if due, is not included in the price.
- Optional bus ride from Monfalcone to Duino/Sistiana on day 6, costs approx. EUR 3 per person

OTHER IMPORTANT INFORMATION

For a stress-free start to your travel, arriving at the start point by early evening the day before is recommended. The individual return journey takes place on the last day of travel. For any costs incurred locally (children, local taxes, dogs etc.), as well as excluded transport and services, please refer to the itinerary or the section “Services/Things to note”. If a minimum number of participants is necessary for the trip to take place, this is defined under “Arrival dates”. If the minimum number of participants is not reached, we reserve the right to cancel the tour by the time specified under the heading “Arrival dates” before the planned travel date. We recommend organising your arrival and departure only after this deadline has passed. The distance travelled is approximate and may differ from the actual distance. The language in which the listed services are provided, as far as this is relevant for the provision of services, can be found under the heading “Services”. If special passport or visa requirements are needed for EU citizens, this is indicated under “Arrival/Parking/Departure”. This trip is not suitable for people with reduced mobility. Travel cancellation insurance, including travel interruption insurance is recommended. Information on insurance options to cover the cost of assistance during the journey, including transport in case of accident, illness or death can be found at https://www.eurobike.at/travel-insurance

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